



# STUCK

LIFEGROUP CURRICULUM:  
HOLDING PAIN



epicentre church

# Week 1: Creating a Safe Space

## Intros (20 mins)

1. Name
2. What's been an unexpected blessing in this last season?
3. What's been an unexpected challenge?

## Vision (5 mins)

1. We've been through a lot this past year. Starting with a global pandemic that we thought would only last 3 months, yet here we still are over a year later. Many of us have lost loved ones, or know people who have, as the death toll in the US has already surpassed half a million. Many of us have had to adjust to working from home and home schooling. Some have even lost their jobs and faced financial hardship. Others were at risk of losing our homes to the fires. We've experienced and witnessed an increase in racism throughout this country, particularly towards African Americans and Asian Americans. We also endured a brutal election season that seemed to reveal how divided our country is. And throughout all of this, we've been forced to do community from a distance or even virtually. To say this past year was hard is a huge understatement!
2. So over the next 2 months in lifegroup, we want to intentionally create space for us to be present with all that we are going through as individuals, present with each other, and to go to God together with all of this! For those for whom this has been a really hard season, we hope you'll let us in to support you and go to God together; for those for whom this hasn't been that difficult, maybe this is an opportunity for you to carry someone else, and maybe in the future it'll be someone else's turn to carry you in your moment of need.
3. This is a space for us to learn how to be okay even when things aren't okay, to process those things that might be easier left untouched. To support and carry each other in those moments when we ourselves don't even know how

to move forward. A space to be real and go there with each other. And a chance to allow God to meet us in our places of pain and bring comfort and healing.

## Mark 14:32-41 (30 mins)

32 They went to the olive grove called Gethsemane, and Jesus said, "Sit here while I go and pray." 33 He took Peter, James, and John with him, and he became deeply troubled and distressed. 34 He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me." 35 He went on a little farther and fell to the ground. He prayed that, if it were possible, the awful hour awaiting him might pass him by. 36 "Abba, Father," he cried out, "everything is possible for you. Please take this cup of suffering away from me. Yet I want your will to be done, not mine." 37 Then he returned and found the disciples asleep. He said to Peter, "Simon, are you asleep? Couldn't you watch with me even one hour? 38 Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak." 39 Then Jesus left them again and prayed the same prayer as before. 40 When he returned to them again, he found them sleeping, for they couldn't keep their eyes open. And they didn't know what to say. 41 When he returned to them the third time, he said, "Go ahead and sleep. Have your rest. But no—the time has come. The Son of Man is betrayed into the hands of sinners. 42 Up, let's be going. Look, my betrayer is here!"

## Questions

1. What do you learn about Jesus?
2. Why do you think Jesus asks Peter, James, and John to "keep watch" with him?
3. What do you learn about people?
4. How can we support someone who is going through a hard time?
5. What are ways we can (unintentionally) hurt people in their moment of pain?
6. Why is learning how to support each other during hard and painful moments so important?

## Small Groups (35 mins)

1. Share the vision for set small groups.
2. Discussion Questions:
  - Can you recall a time when someone was there for you in a moment of pain?
    - What happened?
    - How did it make you feel?
    - What did you learn about supporting people through this?
  - How can we foster a space here to support each other and help each other feel safe?
  - Are there any ways you need support or encouragement right now?
3. Close by praying for each other and for this new series.

## Weekly Exercise

*Each week we'll have a key exercise to help us reflect and process for the following week. You might set a reminder so you don't forget!*

1. Listen to the first half of Joseph's story (Genesis 37-43): Listening is a different experience from reading. You can find various audio Bible versions through the Life.Church Bible app (we'd recommend listening to the NLT). You might even listen together with friends or family too!
2. As you're listening to Joseph's story, consider...
  - a. How might these experiences have made Joseph feel?
  - b. What were the best parts?
  - c. What were the worst parts?
3. After listening to his story, are there ways that you can resonate with Joseph and his experience, particularly during this past year?
  - a. How did these experiences make you feel?
  - b. What were the best parts?
  - c. What were the worst parts?